

Finding God Daily

"Seek and you shall find."

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[GOD'S LOVE](#) [IN THE NEWS](#) [SCIENCE](#) [GOD'S WILL](#) [IN DIFFICULTIES](#) [JESUS](#) [PRAYER](#) [IN LIFE](#) [AT CHURCH](#) [BOOKS](#) [QUOTES](#) [UNCATEGORIZED](#)

Finding God During a Pedicure

November 17, 2013 by [Finding God Daily](#) [Leave a Comment](#)

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By Karen O'Connor:



I do a lot of walking and hiking. I feel a duty to take care of my feet, since they take such good care of me! And recently I ended finding God during a pedicure . . . finding new appreciation for His marvelous creation of human feet.

As I sat in a big comfy chair with my feet soaking in a warm sudsy tub, I suddenly realized what a blessing it is to have healthy feet, to be able to walk and run and wiggle my toes in the sand when playing at the beach with grandkids. Not everyone has these simple privileges.

GODTEST

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So I now thank God every time I put on a pair of socks or shoes or stand or jump or run. My feet are a big blessing in my life.

If you tend to take your feet for granted by wearing worn out shoes, sloppy flip-flops, or forcing them into high heels, you might want to reconsider what you're doing.

In Michael King's article in *Beauty Hygiene*, "How To Care For Your Feet," he makes an important point. "When your feet don't get the attention they need, [chronic problems can develop](#), which may trouble you for years to come. In many cases, some simple stretches and [exercises can help keep your feet in top form](#)."

On [ask.com](#) I posed the question, "How Many Miles Does the Average Human Travel on Foot in a Lifetime?" Here is the surprising answer:

"The average human walks over a thousand miles each year. If a human lived to be 72 years old, that would be an average of over 72,000 miles walked in a lifetime."

That was enough to remind me to be kind to my feet and to indulge them in a periodic pedicure. It's a great way to respect the gift of my feet and to honor the God who made them. Here's an interesting reference to feet in the Bible:

For "everyone who calls on the name of the Lord will be saved." How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent?

*As it is written, "**How beautiful are the feet of those who preach the good news!**"(Romans 10:13-15 the Bible).*

You can inexpensively [give yourself a pedicure at home](#) if you like. And in the process, as you think of your creator, you too may end up finding God during your pedicure.

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©Karen O'Connor. Karen is an author, writing mentor, and frequent contributor to the Finding God Daily blog. Visit Karen on the web at www.karenoconnor.com, on [Facebook](#) or follow on Twitter: @karenoconnor

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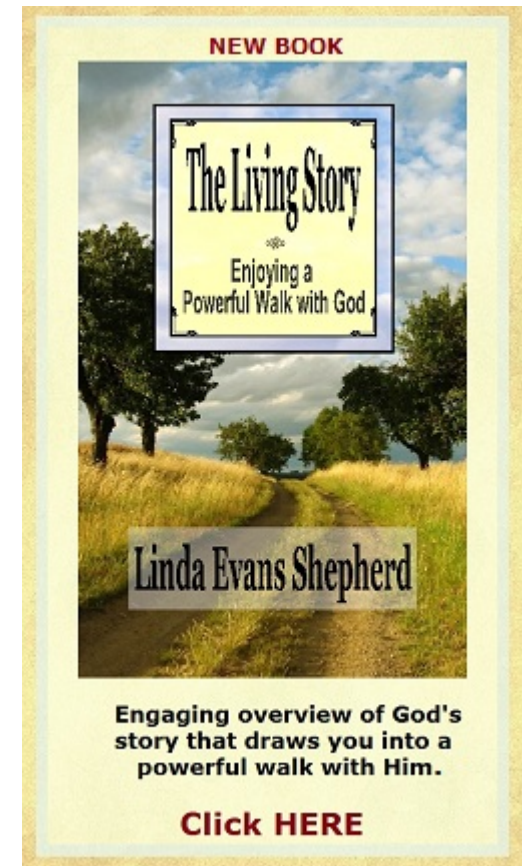
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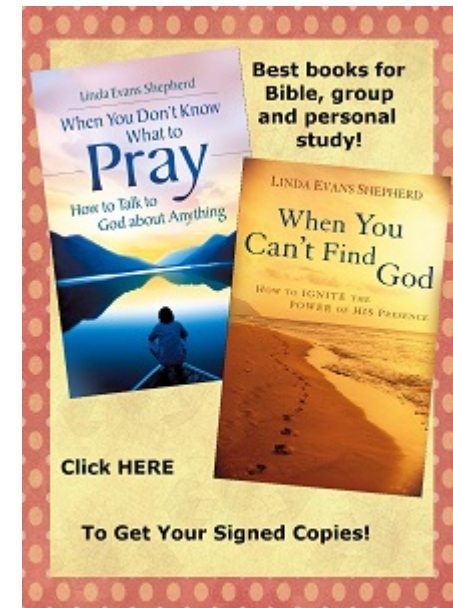
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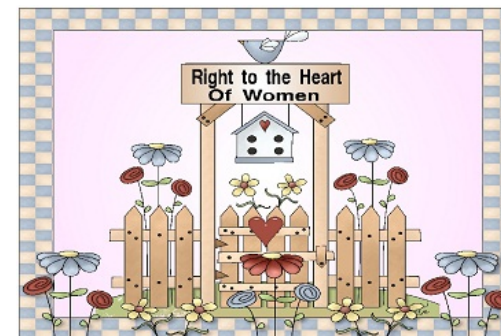
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- [At Church](#) (19)
- [Books](#) (31)
- [Christian Music](#) (8)
- [God's Love](#) (111)
- [God's Will](#) (52)
- [Humor](#) (4)
- [In Difficulties](#) (138)
- [In History](#) (46)
- [In Life](#) (262)
- [In the Bible](#) (23)
- [In the News](#) (93)
- [Jesus](#) (78)
- [Marriage and Family](#) (1)

- [Movies](#) (2)
- [Prayer](#) (52)
- [Quotes](#) (17)
- [Science](#) (45)
- [Uncategorized](#) (99)
- [Volunteering and Missions](#) (2)

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November 2013

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
« Oct			Dec »			

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